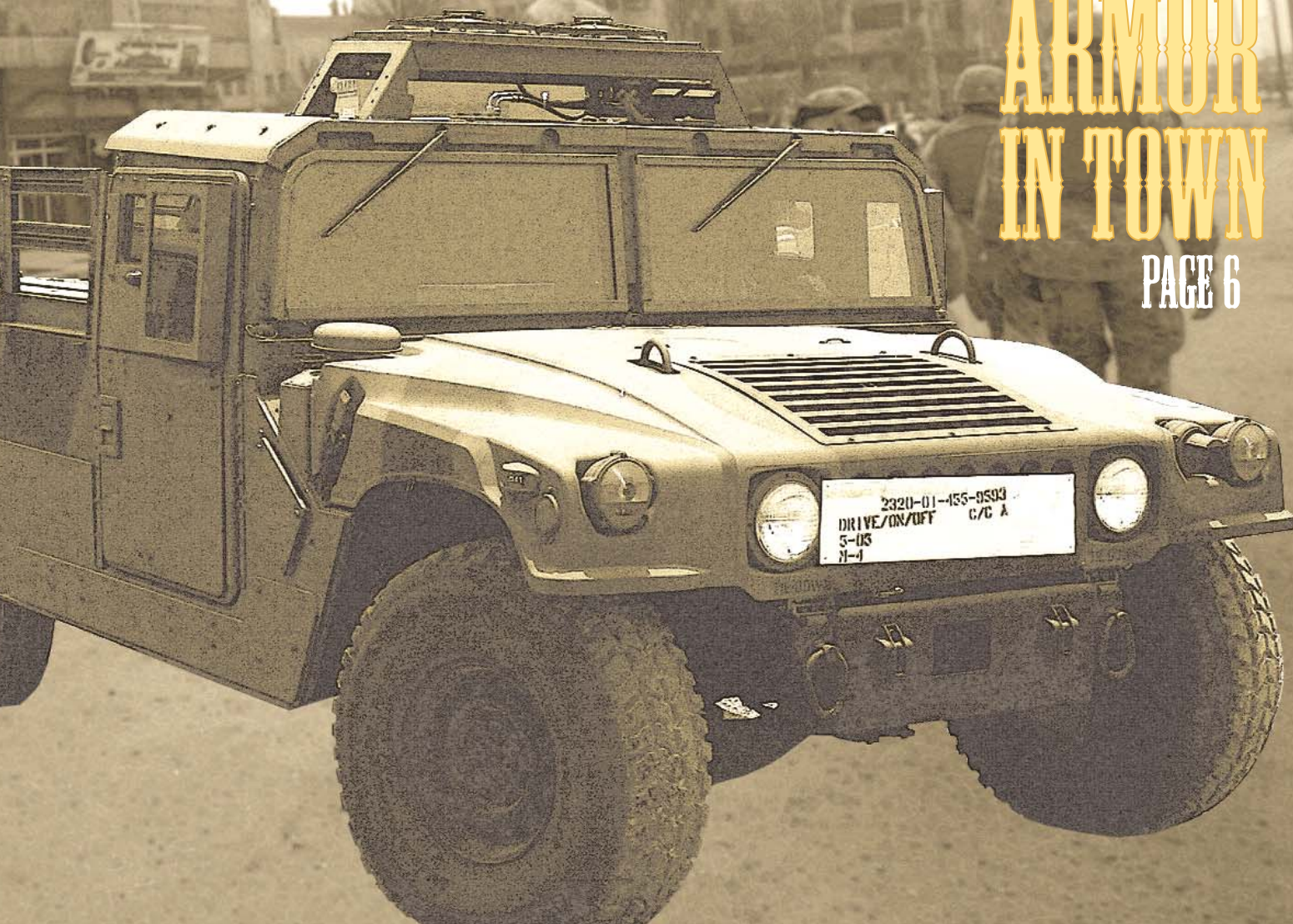


JUNE 29, 2005

DESERT VOICE

THERE'S A
NEW
ARMOR
IN TOWN

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Volume 26, Issue 46

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On the Cover

The 2nd Marine Expeditionary Force is starting to field its new Marine Armor Kits, which boast some improvements over the Army's add-on kits.

Photo illustration by Sgt. Matt Millham

Best retention in the Army

Story and photo by Spc. Brian Trapp

A handful of Army Reserve Soldiers based at Camp Arifjan is producing the highest reenlistment numbers in the whole Army Reserve.

Coalition Forces Land Component Command's Army Reserve Theater Retention personnel have racked up more than 1,900 reenlistments, which account for roughly 20 percent of all reenlistments for the Army Reserve in Fiscal 2005. More than 1,000 of those were first term reenlistments, which account for about 65 percent of first term reenlistments for the component.

"I wish I knew why we're successful, then we could bottle it up and package it," said Master Sgt. Naomi Harvey, career counselor and operations sergeant with the CFLCC Army Reserve Theater Retention office. "I think we're successful because we really do care. This isn't just [a military occupational specialty]. You're not just a number, you're a Soldier in the U.S. Army, and we want you to succeed. That's what a career counselor is."

The CFLCC Army Reserve Theater Retention office has offices at Camp Arifjan and Camp Buehring, and in Iraq and Afghanistan. Its personnel travel across theater to meet with Reserve Soldiers to give them information about the options available to them and to guide them in their careers.

"They have good visibility," said Lt. Col. Matt Lissner, CFLCC Army Reserve Affairs deputy assistant chief of staff. "They know the ground and know how to get around."

The career counselors in Kuwait have a base of tens of thousands of Reserve Soldiers moving in and out of country, and many of those Soldiers qualify for a bonus of up to \$15,000 of tax free money. More than \$20.7 million in reenlistment bonuses have been handed out to Army Reservists reenlisting through the CFLCC Army Reserve Theater Retention office so far in Fiscal 2005.

"The \$15,000 tax free is a good incentive, but it's not everything," said Staff Sgt. Larry Goddard, a career counselor with the Camp Buehring retention office. "We don't have to sell it. Just like the patch says, we're career counselors; we counsel them on where their career is going."

The office does more than reenlist Soldiers; it also helps troops move on in their Army careers by assisting them with Active Guard Reserve packets, switches to active duty, direct commissions and warrant officer packets. It also provides information on advancement and benefits offered by the



Sgt. 1st Class Pleshette Gregg, a member of the 942nd Transportation Company, rehearses her reenlistment ceremony, slated to take place in about a month, with Lt. Col. Tim Webb, Camp Arifjan's Zone 6 commander. Gregg is reenlisting for the chaplain candidacy program.

Army.

"[Soldiers] come in to learn about reenlisting, and in five minutes of talking they're headed in a different direction because they didn't think about direct commission or the warrant officer program or AGR packets," said Staff Sgt. Timothy Blake, career counselor at the Camp Arifjan office. "The AGR and warrant officer packets are just as important as reenlistment."

Lissner thinks one of the big reasons so many Reserve Soldiers are signing up during deployments is camaraderie. "You've been with these guys, living and breathing and bleeding together, if you don't reenlist you lose all that," Lissner said. Another reason troops re-up is the bonus, he said. Soldiers are more apt to sign for \$15,000 tax free in Kuwait than at their home stations where they may not get a bonus.

Even with the money available, Goddard said he sees many Soldiers who are pulled from the Individual Ready Reserve, and they don't realize how much they miss the Army until they get a taste of it again. Goddard himself had a break in service of several years. He returned to the Army last year and is the newest career counselor on the team. He left in 1992 after the Gulf War, and "I've been kicking myself in the butt ever since," he said. Goddard hopes to find an AGR position after this deployment.

The Army Reserve has missed its recruiting goals by about 18 percent so far in Fiscal 2005, but it has done better in reten-

tion, meeting that goal at least through April, according to the Department of Defense.

"The recruiting thing, you're talking to a younger generation," Goddard said. "For the 17-year-olds wanting to go [into the Army] right after graduation, you can't get the parents to sign the consent form. The parents may have been to Vietnam and know what war is like and don't want to put their kids in harm's way. With Reserve Soldiers, people come over here as a unit and it's like a second family, you can trust them."

The retention office is available to answer any questions regarding reenlistment and commission packets, and has information on how to advance a Soldier's career. The office can be reached at cflccarreten-tion@arifjan.arcent.army.mil, or call the Camp Arifjan office at DSN 430-7193, or the Camp Buehring office at 828-1663.

Some things available to reenlisting Reserve Soldiers in Operation Iraqi Freedom that aren't available back in the United States are:

* Up to \$15,000 reenlistment bonus cash

* Tax Free bonuses

* All MOSs are eligible for bonuses in theater.

* Reenlistments come with a waiver allowing Soldiers to change MOSs without losing their bonus.

The rescuers

Chest pains, car accidents and a whole lot of waiting around

Story and photos by Spc. Brian Trapp

A team of two Soldiers is on standby 24 hours a day, waiting for the call to send them into action.

Camp Victory's ambulance squad is the first responder to medical emergencies at one of Kuwait's primary surge camps.

The squad is part of the 514th Medical Company (Ground Ambulance), from Fort Lewis, Wash. The company serves as Kuwait's ambulance support and has squads at all the camps here.

The Camp Victory squad came together about a month ago. It is made up of a mixture of Soldiers who served the first six months of their deployment in Kuwait's other northern camps.

Although the squad has been responding to about one or two calls a week since forming at Victory, they expect that number to rise with the camp population, said Sgt. Clayton Morgan, noncommissioned officer in charge of Camp Victory's ambulance squad. In the meantime, the ambulance squad's combat medics stay ready for the next call by helping with sick call and training themselves and others on the various aspects of their ambulance-style Humvee, which is ready to respond at all times.

The medics, now known as health care specialists, have a variety of background



Spc. Julie Riddle, left, and Sgt. Susana Estrella, right, lead a patient out of the back of an ambulance during a litter carry exercise outside the Camp Victory troop medical clinic.

experience that has prepared them to be Camp Victory's first responders. That experience ranges from a deployment to Fulljah following the invasion of Iraq, to graduation from advanced individual training about a month before deploying to Kuwait.

"[When you get a call], it's a rush," said Pfc. Jesse Slusser, with Camp Victory's 514th ambulance squad. Slusser graduated from AIT and a month later he was in Kuwait. He spent the first months of his deployment caring for troops at Camps Buehring and New York, and said he considers his job one of the best in the Army.

Admittedly, the ambulance squad spends 99 percent of its time waiting, Morgan said. When the population rises, the squad expects to be making daily runs, taking patients to get more intense treatment at the U.S. Military Hospital at Camp Arifjan.

When we get a call, "it's like going aw [shoot]," said Pfc. Steve Vasko, who was assigned to Camp Buehring before moving to Camp Victory. "You don't know what to expect when you get a call like a car accident. You can mentally prepare yourself, but you still don't know what to expect, because it's always different. [When I get a call] I get anxious more than anything else. If you have to go to the airfield for a helicopter crash, your heart starts beating, until you roll up and find out it's just an exercise."

The majority of the emergencies that the

squad responds to are heart related things like chest pains. Usually these victims are older troops who have recently come into theater and haven't acclimated to the weather yet, Morgan said. The other common calls are responding to sports injuries like broken ankles. Those injuries usually happen to the younger Soldiers.

The Soldiers can respond to off-post accidents, but Camp Victory's squad hasn't had to do that yet, said Morgan who was at Camp Navistar before moving to Victory.

"One of the hardest parts is just being on standby for hours," Vasko said. "[But] when you wake up for a call in the middle of the night to do a call, it's not frustrating. That's what we're here for."

When someone gets injured, they call into Victory's Troop Medical Clinic, where the ambulance soldiers spend a lot of their time. One of the Sailors with the TMC usually answers the call and takes down the information while the ambulance team swings into action and prepares to move out. Their normal response time is about two to three minutes to roll out of the TMC, and any call on Camp Victory is no more than 10 minutes away.

The ground ambulance is able to pick up and start treating any patient immediately, and it can get the patient to a doctor in less time than an air evacuation team could make it to many of the camps.



Pfc. Steve Vasko, with the Camp Victory ambulance squad, puts a regulator valve on an oxygen tank before litter carry training.

Two tickets to pair-o-rides

Photo essay by Spc. Curt Cashour



Lunchtime visitors to Camp Arifjan's Zone 1 Dining Facility watched with anticipation as approximately 50 fathers participated in a Fathers' Day raffle for two remote controlled Harley Davidson motorcycles June 19. Top left: Petty Officer 2nd Class Anthony Hill proudly displays his winning ticket. "My kids are gonna love this," he exclaimed. Above: Sgt. Michelle Hall, event coordinator and DFAC noncommissioned officer in charge, presents Soldier in slacks Robert Kovacs with his hog. Both bikes were courtesy of the Harley Davidson sales office in Zone 6. Far left: Hall gives a ticket to Master Sgt. Alii Ofisa before the raffle. Tickets were free to any father who could show a picture or tattoo proving paternity. Left: Spc. Kenny Mueller, a food service specialist at the DFAC who helped beautify the DFAC for the occasion, plays with a radio-controlled car that was one of the decorations.

Patton's Own Peachtree Road Race

Participate in the largest 10K road race in the world. The contest starts at 5 a.m. July 4 at Camp Arifjan and will be held in conjunction with the Peachtree Road Race in Atlanta. The deadline for entry has been extended to until the start of the race. For more info, contact your local MWR or gym facility.





What a Hummer



Top: Nearly 150 newly-armed Humvees sit at the Seaport of Debarkation June 22. The vehicles are equipped with level 2 Marine armor kits and are scheduled to convoy to Iraq, where they will be distributed to various Marine units. **Above:** Pfc. Kyle Albertson, a Marine with Combat Service Support Group 3, directs a Humvee onto a flatbed truck. Albertson is part of a group of about 20 CSSG-3 Marines who volunteered for a month-long deployment to Kuwait to help ship the Humvees north and conduct retro-grade operations.

Story and photos by Spc. Curt Cashour

Most Marines deploy to the desert for six or seven months at a time. But a group of about 40 Marines came to Kuwait last week for just a month's worth of duty.

Despite the short length of the mission, the job the troops will perform is of utmost importance.

Marines from Combat Service Support Group 3, the 2nd Marine Expeditionary Force and the 2nd Marine Division arrived in Kuwait last week to prepare a fleet of 144 armored Humvees, 32 Abrams tanks and 4 tank retrieval vehicles for a convoy north. The vehicles will be distributed among various Marine units serving in Iraq.

In order to save money and resources related to shipping the heavy tanks, Humvees and other equipment back and forth from the United States, Marine units have been keeping some vehicles and equipment in Iraq.

Some of the equipment has been in country for up to two years, said Warrant

Officer John Bradley, assistant air officer with Movement Coordination Center-Kuwait.

Countless patrols and battles with insurgents have taken their toll, and this new shipment of Humvees and tanks will be used to replace battle-damaged and outdated equipment.

Each of the new Humvees is outfitted with the Marine version of level 2 armor. The heavy-duty kits differ slightly from Army level 2 offerings, providing increased under-carriage protection and two separate side windows on each door for better visibility. The new Humvees will replace models that are either in need of repair or outfitted with less robust armor kits.

The shipment will help the Marine Corps achieve its goal of ensuring that all Humvees used to conduct missions outside the wire in Iraq are outfitted with level 1 or level 2 armor, said Maj. Craig Dearth, Marine Central Command Coordination Element-Kuwait sustainment officer.

For Marines with CSSG-3, a mainte-

nance unit based at Kaneohe Bay, Hawaii, the deployment provided a chance to support the war effort first hand.

"We're usually just in the rear fixing gear, so we're all glad to get out here and do our part for the war," said Sgt. Lindsay Cruz, as she helped direct a group of Marines staging the Humvees at the Seaport of Debarkation June 22. Earlier that day, a group of 24 Marine tankers from the 2nd Marine Division's 2nd Tank Battalion had arrived from Camp Lejeune. Cruz said the entire contingent of CSSG-3 Marines serving on this deployment volunteered to make the trip.

Normally an electronics repair technician, Cruz is serving as a movement supervisor during her stay in Kuwait. Most of the CSSG-3 Marines on this deployment are doing a different job than they normally do, but according to Cruz, the change in duties was expected.

"When you get out here, of course everybody's doing everything," she said.

Pfc. Kyle Albertson is usually a CSSG supply specialist. In Kuwait, he's helping load the newly-armored Humvees onto

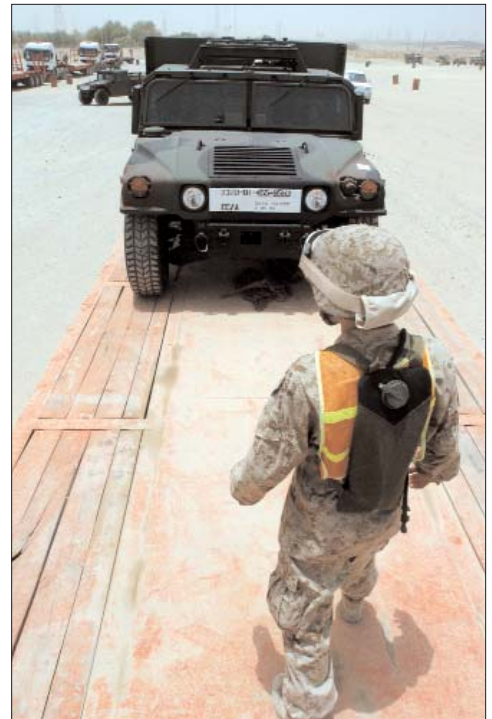
trucks before the convoy north. Although he had some trouble adjusting to the time difference between Kuwait and Hawaii, Albertson said he has enjoyed his stay so far.

"I like it. It's hot," he said.

For now, Cruz said the biggest challenge is keeping accountability of the massive fleet of Humvees and tanks as the Marines prepare them for the convoy north. But that's just a small part of the mission the troops will be performing in Kuwait.

The bulk of the work will take place when the shipments of outdated, battle-damaged and retrograde equipment will arrive at the SPOD. The Marines will be responsible for processing nearly 600 pieces of equipment and 25 shipping containers that will arrive over the next few weeks, said Chief Warrant Officer Dawn Dalton, a surface officer with the Movement Control Center-Kuwait who is coordinating the mission.

Once all the Humvees and tanks are prepared for shipment, they will be convoyed into Iraq by Army transportation units, Dalton said.



Top left: Albertson uses a break in his traffic-directing duties to catch up on some paperwork. Above: A Marine directs a Humvee onto a flatbed truck at the SPOD deployment yard. Left: In addition to the Humvees, 32 Abrams tanks and four tank retrieval vehicles were shipped to Iraq to replace aging tanks. Members of the 2nd Marine Division's 2nd Tank Battalion were on hand to load the tanks onto trucks and ensure that the track vehicles reached their destinations.

Heart shocker

Story and photo by Spc. Aimee Felix

The chance of survival for cardiac arrest victims at Camp Arifjan just increased.

On June 26 four automated external defibrillators - totally automated devices used to shock cardiac arrest victims into a regular heart rhythm - were mounted in densely populated areas throughout Camp Arifjan.

An initiative started by Expeditionary Medical Force-Dallas' head of emergency services Capt. John Mastalski put an AED at Camp Arifjan's Zone 1 gym, Zone 2 dining facility, Zone 6 gym and inside the camp's Quick Reaction Force emergency vehicle.

According to the American Heart Association, for every minute that passes without defibrillation, a cardiac arrest victim's chances of survival decrease by 7 to 10 percent. After 10 minutes, very few resuscitation attempts are successful.

"Rescue breathing and compressions can buy you time, but the main treatment to get people out of (cardiac arrest) is the AED," said Mastalski.

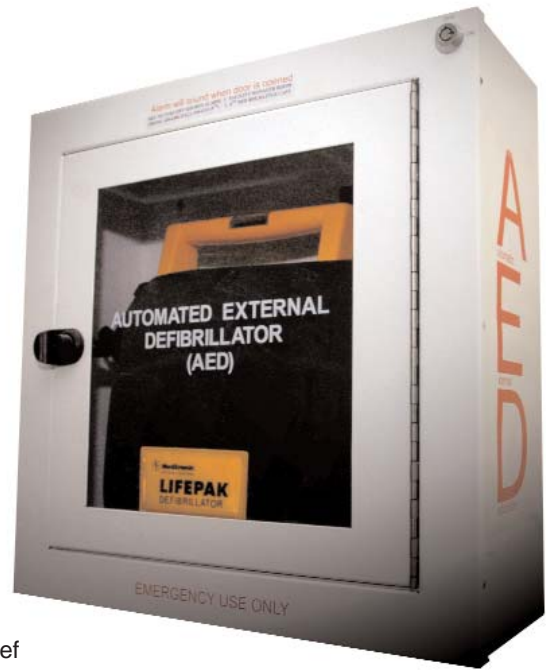
In April, Chaplain (Maj.) Steven Thornton, 46, collapsed during a run at Camp Arifjan - a death that is thought to have been related to heart failure, said Mastalski. There were no AEDs nearby. Mastalski couldn't say for sure if Thornton's death could have been avoided with an AED, but he's glad he will no longer be left

to wonder whether or not the life of an Arifjan resident could have been saved with an AED.

Gym and DFAC employees at Arifjan have been or soon will be going through a basic lifesaver course, which includes cardiopulmonary resuscitation training and AED training. Also, AED training has been implemented in the ASG-Kuwait combat lifesaver course.

If an untrained Soldier comes across a falling or collapsed Soldier though, they shouldn't hesitate to use the AED, after first calling for help, said Col. Quigg Davis, chief of professional services at the 62nd Medical Brigade. An AED can check a person's heart rhythm, recognize if it requires shock and advise the rescuer on when the shock is needed. It uses voice prompts, lights and text messages to tell the rescuer the exact steps to take. "It's as dummy-proof as you can get," said Davis.

All of the other Kuwait camps are also equipped with AEDs. Camp Buehring has a few at the Troop Medical Clinic, one at the DFAC, the Provost Marshal Office and the gym; Kuwait Naval Base has several at the TMC; the Seaport of Debarkation has one at the portside TMC and two at the Camp Spearhead TMC; Camp Navistar has some at the TMC; Camp Victory also has some at the TMC and will soon get more put in densely populated areas in the camp like



the gym and the DFAC; and Camp Virginia has some at the TMC, and officials there are also working on getting more throughout the camp.

The four new AEDs now in place at Arifjan are in addition to one that has been in place for almost two years in building 506. They are all ASG-Kuwait's responsibility and will be maintained through the Arifjan fire department's monthly inventories. There will soon be 12 more AEDs at Camp Arifjan that ASG-Kuwait recently ordered, said Mastalski.

The ones now in place at Camp Arifjan came from the EMF-Dallas supply system, the old Zone 2 DFAC, and one was donated by a civilian company called Cardiac Science, said Mastalski.

Kuwaiti logisticians tour Arifjan facilities



Six Kuwait National Guard logistics officers toured Camp Arifjan's multi-class storage yard during a visit to Camp Arifjan June 20. The visit allowed the KNG officers to learn how the U.S. military manages its logistics matters. The Kuwaitis came with Gene Peppers, an adviser contracted to provide the KNG with guidance as it develops its logistics doctrine. "Showing them what other militaries do will maybe help them improve their own logistics," said Peppers.

The KNG logistics officers also visited Camp Arifjan's Ammunition Supply Point to see how ammo is stored here. This was after the KNG officers were given a tour of Camp Arifjan's arms room.

Col. Hashem Abdul Razzaq Al Sayed Al Refae, Kuwait's combat service support commander, presented Lt. Col. Sandy Legwold, who is with Camp Arifjan's host nation cell, with an award of appreciation for facilitating this and other visits to Arifjan. In turn Legwold gave Al Refae a coin on behalf of the host nation cell command.

Photo by Spc. Aimee Felix

Requirements for new CAB unveiled

From the Army News Service

The Army has announced the eligibility requirements for its new Combat Action Badge.

The requirements are laid out in a Department of the Army letter published June 3. The letter also discusses changes to the Combat Infantryman Badge and the Combat Medic Badge.

The CAB, whose design features both a bayonet and grenade, may be awarded to any Soldier performing assigned duties in an area where hostile fire pay or imminent danger pay is authorized, who is personally present and actively engaging or being engaged by the enemy, and who is performing satisfactorily in accordance with the prescribed rules of engagement, according to the specific eligibility requirements.

Award of the CAB is not limited by one's branch or military occupational specialty; however, to receive the CAB, a Soldier must not be assigned or attached to a unit that would qualify the Soldier for the CIB or CMB.



The new Combat Action Badge, approved May 2, provides special recognition to Soldiers who personally engage or are engaged by the enemy.

The CAB's creation was approved by Army Chief of Staff Gen. Peter J. Schoomaker on May 2 to provide special recognition to Soldiers who personally engage or are engaged by the enemy.

"Warfare is still a human endeavor," Schoomaker said. "Our intent is to recognize Soldiers who demonstrate and live the Warrior Ethos."

"The Global War on Terrorism and its

associated operations will be the first era of conflict considered for this award," said Lt. Col. Bill Johnson, Human Resources Command chief of military awards.

"September 18, 2001, is the effective date for the new award. That is when President Bush signed Senate Joint Resolution 23, authorizing the use of military force against those responsible for the recent attacks launched against the United States."

Transportation troop remembered at Arifjan



Left: Command Sgt. Maj. William Hardwick, a member of the 377th Theater Support Command, and other leaders attending Spc. Anthony S. Cometa's memorial service June 21 at Camp Arifjan's Zone 1 chapel coined Cometa when it came time to salute him at the end of the ceremony.

Cometa died June 16, the day after his 21st birthday, in a Humvee accident near Safwan, Iraq. He was on a routine convoy escort run from Camp Arifjan, where he was deployed as a member of the 1864th Transportation Company, a Nevada National Guard



Photos by Spc. Aimee Felix

company serving here under the 106th Transportation Battalion.

Right: Spc. Jaret Bryan, one of Cometa's best friends, plays a drum solo for Cometa behind Cometa's bass, which stood as part of the memorial display during the ceremony. Bryan, Cometa and Spc. Patrick Brunson, Cometa's other best friend, were in the 1864th together and had a three-man band named Flasco. "The last thing he said to me was 'this is the last time I'm gonna tune this guitar for you,'" said Bryan, during the ceremony in his tribute to Cometa.

(Almost) free money

From the 377th Theater Support Command's finance section

While restricting troops' ability to get out on the town, being locked down to a camp in Kuwait does have one huge benefit; it's the perfect opportunity to save some cash.

One program that's available to deployed troops offers the possibility of a generous return with absolutely no risk: the Savings Deposit Program.

Military members deployed to Kuwait may deposit all or part of their un-allotted pay into an SDP account, which is a Department of Defense savings account. Interest accrues on the account at an annual rate of 10 percent, and is compounded quarterly. Although federal income earned in hazardous duty zones is tax-free, interest accrued on earnings deposited into the SDP is taxable.

Servicemembers must be receiving Hostile Fire and Imminent Danger Pay and be serving in a designated combat zone or in direct support of a combat zone to be eligible for SDP. Orders must state duty for more than 30 consecutive days or for at least one day for each of three consecutive months.

Servicemembers use the program by making deposits with their finance battalion. Servicemembers may begin making deposits on their 31st consecutive day in a qualifying area. Eligibility to make deposits terminates on the date of departure from theater.

Active duty and Reserve troops may make deposits by cash, personal check, cashier's

check, traveler's check or money order. Active troops can also contribute by allotment.

Deposit amounts cannot exceed a servicemember's monthly un-allotted pay and allowances, which is the monthly net pay after all deductions and allotments and includes special pays and reenlistment bonuses.

Allotments cannot be made for more than the amount of a troop's base pay (rather than net pay) minus deductions per month, though the allotment can be supplemented by any of the other methods of deposit. All deposits must be made in \$5 increments and can be discontinued at any time.

Interest only accrues on amounts up to \$10,000, principal and accrued interest combined. Deposits made on a cash collection voucher on or before the 10th of the month accrue interest from the first of that month. Deposits made after the tenth of the month accrue interest from the first day of the following month.

Eligibility for SDP stops on the day of departure; however, interest will continue to accrue up to 90 days after redeployment. If the servicemember requests withdrawal of funds prior to the 90th day, interest stops on the date of request. If the 90th day falls on any day other than the last day of a month, interest will accrue through the last day of the preceding month.

To receive funds, mail or fax a written request to the address at the end of this article. Include the following information: name, social security number, branch of service, component, start and stop date of tour in eligible area, and amount requested. After making the request for funds, active duty members will automatically receive their payment via

electronic funds transfer to the same account as their normal monthly pay. Reservists and separated members requesting electronic transfers must include the bank account number, type of account (checking or savings), and the bank's routing transit number or a voided check or deposit slip in their request. Reservists and separated members requesting payment via check must also provide a current address.

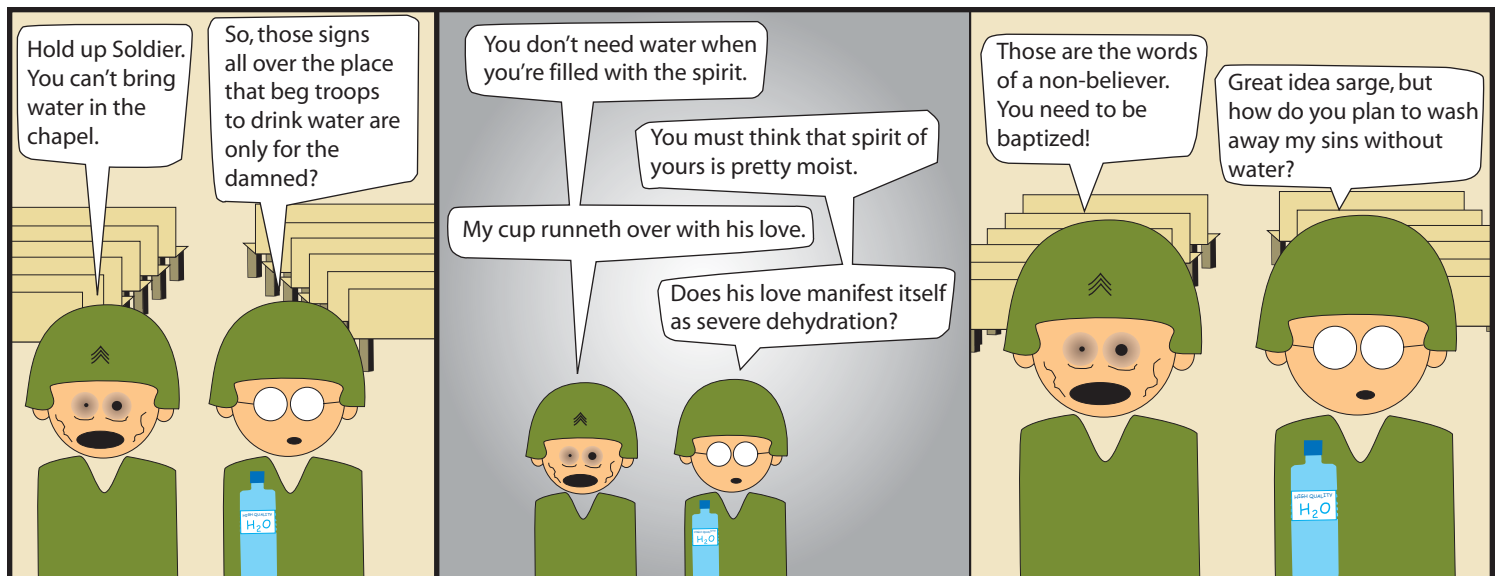
If a servicemember's account contains more than \$10,000, the servicemember may make quarterly requests to withdraw the balance that exceeds \$10,000. The \$10,000 remains in the account until the servicemember's eligibility terminates and the servicemember withdraws the remaining funds in their entirety. Servicemembers may make emergency withdrawal requests for the full amount in the SDP account or for partial amounts before eligibility termination. Emergency requests must be for the health and welfare of the member or his dependents and must be substantiated by a written request from the member's unit commander. For questions regarding SDP withdrawal requests call the 374th Finance Battalion Military Pay Section at DSN 430-1340.

To get your money out of SDP, contact

DFAS- Cleveland Center (DFAS-CL)
ATTN: Code FMAA
1240 East 9th Street
Cleveland, OH 44199-2055
1-800-624-7368 toll free (stateside)
Commercial (216) 522-6545
DSN 580-6545
Fax (216) 522-6924 DSN 580-6924

behoovery

By Sgt. Matt Millham



Community

happenings for June 29 through July 6

Arifjan

Wednesday

Bingo night, 7 p.m., Zone 1 Community Center
Country Western Night, 7 p.m., Zone 6 stage
Legs, butts and guts, 5:30 a.m., Stretch and flex
8 a.m., Step Aerobics, 1 p.m., Circuit weight
training, 3 p.m., Zone 1 gym
Lap swimming, 5 to 7 a.m., pool

Thursday

Country Western Night, 7 p.m., Zone 1
Community Center
Cardio kickboxing, 5:30 a.m., Stretch and flex, 8
a.m. Circuit weight training 3 p.m., Zone 2 gym
Lap swimming, 5 to 7 a.m., pool

Friday

Michael Chain, 7 p.m., Zone 6 stage
Dodge Ball Tournament, 5 p.m., Zone 1 gym
Kickball Tournament, Zone 1 Softball Field (Call
for info)
4-on-4 Sand Volleyball firecracker fours tournament,
Zone 1 volleyball court (Call for info)
Arifjan Boxing Team, 7:30 p.m., Zone 6 gym
Salsa Night, 7 p.m., Zone 1 Community Center
Lap swimming, 5 to 7 a.m., pool
Interval training, 5:30 a.m., 1 p.m. and 3 p.m.
Zone 1 gym

Saturday

July 4 weekend talent show, 6 p.m., Zone 6 stage
Audie Murphy Club study sessions, 3 p.m.,
Building 508 Room 25B
Circuit weight training, 5:30 a.m., 8 a.m., 1 p.m.
and 3 p.m., Zone 1 gym
Lap swimming, 5 to 7 a.m., pool

Sunday

Texas Hold 'em poker 6 p.m., Zone 1 and Zone 6
Community Centers
Poolside Cinema, 7:30 p.m., Zone 1 pool
Halo 2 Tournament, 7 p.m., Community Center
Lap swimming, 5 to 7 a.m., pool
Cardio kickboxing, 5:30 a.m., Stretch and Flex, 8
a.m., Circuit weight training, 1 p.m., Step
Aerobics, 3 p.m., Zone 1 gym

Monday

Peachtree 10K, 5 a.m., Zone 1 gym
Pool Competitions, 9 a.m., Zone 1 pool
Mobility Air Force band, 7 p.m., Zone 6 stage
Arifjan Boxing Team, 7:30 p.m., Zone 6 gym
Lap swimming, 5 to 7 a.m., pool
Legs, butts and guts, 5:30 a.m., Stretch and flex
8 a.m., Step aerobics, 1 p.m., Circuit weight training,
3 p.m., Zone 1 gym

Tuesday

Bingo Night, 7 p.m., Zone 1 Community Center
Lap swimming, 5 to 7 a.m., pool
Cardio kickboxing, 5:30 a.m., Stretch and flex, 8
a.m., Circuit weight training, 1 p.m., Step aerobics,
3 p.m., Zone 1 gym

Wednesday

Hip Hop Night, 7 p.m., Zone 1 Community Center
Salsa Night, 7 p.m., Zone 1 Food Court
Country Night, 7 p.m., Zone 6 Stage

For more information call 430-1202

Buehring

Wednesday

Walking Club (5 miles), 5:30 a.m., command cell
flagpole
Aerobics, 6:30 - 7:30 p.m., MWR Tent 4

Thursday

Walking Club (5 miles), 5:30 a.m., command cell
flagpole
Tae-Kwon-Do class, 7 p.m., MWR Tent 1

Friday

Walking Club (5 miles), 5:30 a.m., command cell
flagpole

Saturday

Tae-Kwon-Do Class, 7 p.m., MWR Tent 1

Sunday

Walking Club (10 miles), 5:30 a.m., command cell
flagpole

Monday

Massage Therapy, 9:30 a.m., MWR Tent
Walking Club (5 miles), 5:30 a.m., command cell
flagpole
Aerobics, 6:30 - 7:30 p.m., MWR Tent 4

Tuesday

Walking Club (5 miles), 5:30 a.m., command cell
flagpole
Tae-Kwon-Do class, 7 p.m., MWR Tent 1

Wednesday

Walking Club (5 miles), 5:30 a.m., command cell
flagpole
Aerobics, 6:30 - 7:30 p.m., MWR Tent 4

For more information call 828-1340

Kuwaiti Naval Base

Thursday

USA Express, 7 p.m., outside pool

Friday

Card playing tournament, 6 p.m., MWR gym

Saturday

Bingo Night, 6 p.m., MWR gym

Monday

Independence Day Celebration 5K run 6 p.m.,
fireworks 7:45 p.m., movie 8 p.m., at the beach

For more information call 839-1063

Navistar

Wednesday

Self Defense class, 9 a.m. and 7 p.m., basketball
court
Aerobics class, 6 p.m., MWR game tent

Thursday

Karate class, 9 a.m. and 7 p.m., basketball court
Pool Tournament practice, 8 a.m. - 10 p.m., computer tent

Friday

MWR rep. meeting, 1 - 2 p.m., MWR office
Aerobics class, 6 p.m., MWR game tent
Pool Tournament practice, 8 a.m. - 10 p.m., computer tent

Saturday

Volleyball Tournament, all day (Call for info)
Horseshoe Tournament, all day (Call for info)
Basketball 3-on-3, all day (Call for info)

Sunday

Volleyball Tournament, all day (Call for info)
Horseshoe Tournament, all day (Call for info)
Basketball 3-on-3, all day (Call for info)

Monday

Volleyball Tournament, all day (Call for info)
Horseshoe Tournament, all day (Call for info)
Basketball 3-on-3, all day (Call for info)

Tuesday

Smoking cessation classes, 10 a.m., Rec. tent
Education/Awareness/Prevention, 1 p.m., Rec. tent

Poker Tournament practice, 8 a.m. to 10 p.m.,
MWR center

Wednesday

Poker Tournament practice, 8 a.m. to 10 p.m.,
MWR center

For more information call 844-1137

Spearhead/SPOD

For more information call 825-1302

Victory

For more information call 823-1033

Virginia

For more information call 832-1045

Arifjan Education Center

Earn 1 semester hour in one week for
FREE!! Each credit earned can be used
toward a Military Science Degree with
Central Texas College (CTC), as transfer
elective credits and promotion points.

CTC is offering the following Advanced
Skills Education Program (ASEP) classes in
support of NCO Professional Development.
Each class is held at the Camp Arifjan
Education Center from 6 p.m. to 10 p.m.
The schedule is as follows:

- * June 29 - July 1: Styles of Leadership
for the NCO
- * July 2-7: Effective Military Writing
- * July 10-15: Managerial Planning
- * July 17-22: Performance Orientated Training
- * July 24-29: Counseling Techniques

In addition, CTC will also offer Functional
Aptitude Skills Training (FAST) classes to
help troops improve their GT scores. You
may chose between the morning or after-
noon session. The ASVAB test will be given
upon class completion. July 10-28, Su-Th, 8
a.m. - Noon or 1 p.m. - 5 p.m.

New schedules are posted regularly.
Visit the Camp Arifjan Education Center for
more details or call 430-1381/1373. Please
direct all email inquiries to
karen.elizabeth.rhodes@us.army.mil.

**Are you holding an
event you'd like to see
listed in the DV?**

Send your event listings to
the Desert Voice editor at the
e-mail address listed on the
back page of this issue.



Atlanta Journal-Constitution

Peachtree
Road Race 2005

10K Atlanta Track Club



Now **OPEN TO**
ALL CAMPS

NO DEADLINE TO SIGN UP

5 a.m.

JULY 4

At Camp Arifjan

Open to all military, DOD employees, government contractors and Host Nation personnel. Participation may be as an individual runner or as a member of a five person team. There are four age divisions; 29 and under, 30-39, 40-49 and 50+, as well as Open and Mixed Team categories. Open teams can consist of any configuration of five runners (all male, all female or mixed). Mixed teams must consist of at least one female and one of the remaining four team members must be age 40 or older. Contact your local MWR or fitness facility for registration and other information.